

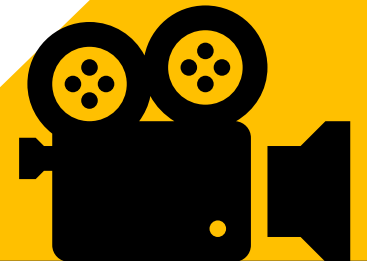
**The seminars presented today were designed by parents for parents.**

**As such, any content is at the discretion of the parent(s) presenting and does not necessarily reflect the opinions or policies of Fort Bend ISD.**



**Please be aware that we will be recording the presentation portion of this seminar. If you would like to remain anonymous, feel free to turn off your camera and change your name during the presentation portion.**

**The Q&A and/ or discussion portion will not be recorded.**





# Mindfulness – Science and Strategies for Wellness

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**Anita Joy-Thomas**

*Wife, Mother, Daughter, Sister, Scientist, Dentist, Anatomist, Friend  
Professor, UT Health Science Center*

**Katie Austin**

*Wife, Mother, Sister, Daughter, Life-long learner, Dog trainer  
Doctor of Chiropractic*





# Session Objectives

At the end of this session, participants will be able to

1. define mindfulness and describe what mindfulness is not
2. describe the three evolutionary parts of the brain
3. demonstrate the 'hand model' of the brain
4. apply at least one mindfulness technique
5. teach at least one mindfulness technique to their children





mind full or mindful ?

MYTHS

FACTS





1. Mindfulness is a religion



2. Mindfulness empties the mind



3. Mindfulness is time intensive



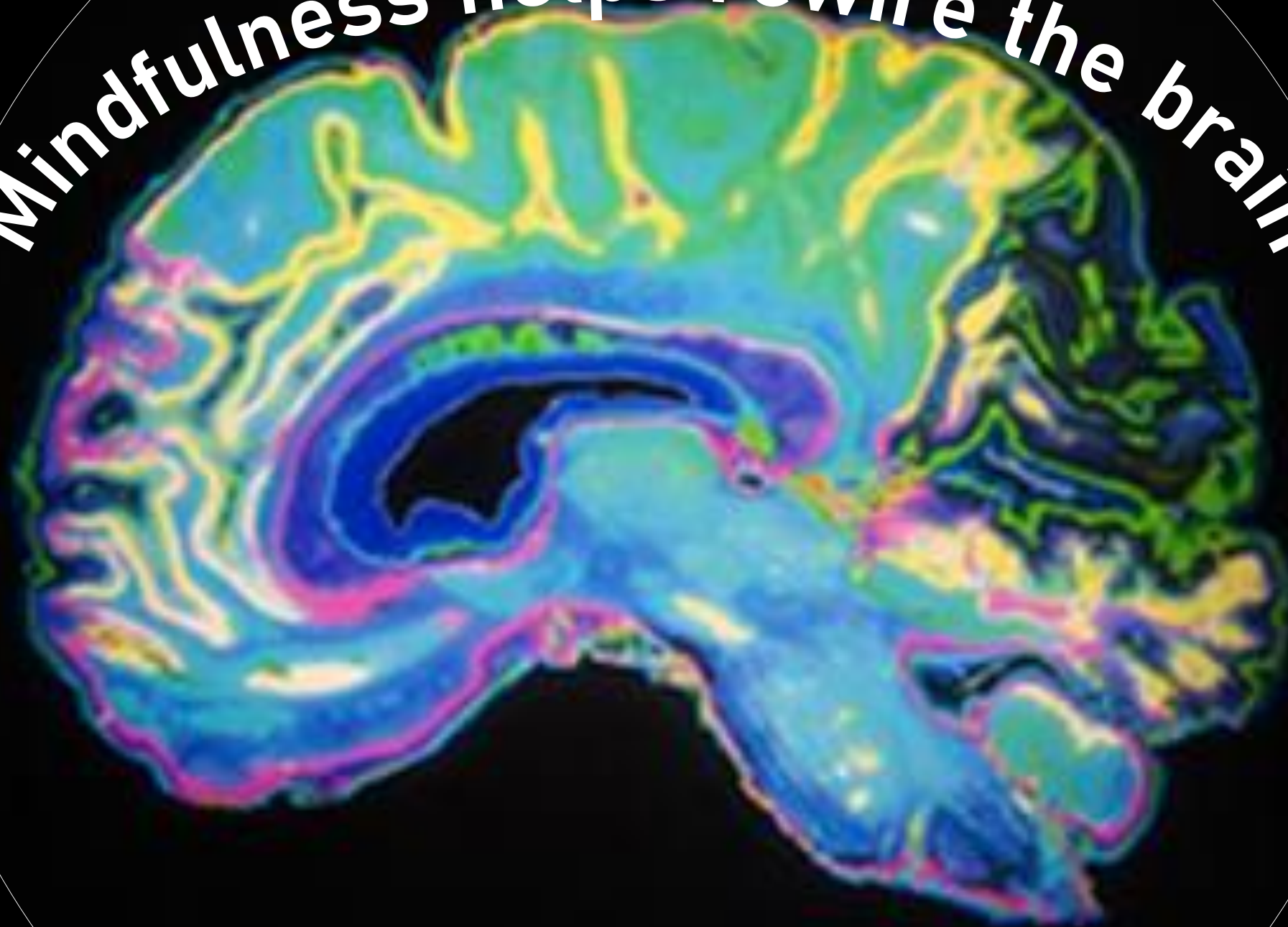
4. Mindfulness is beneficial



**The Science**



**Mindfulness helps rewire the brain**



More Understanding

**How?**  
Logos

Less Understanding

**Why?**  
Pathos

Emotional Brain



Neo-Cortex

Limbic

Reptilian

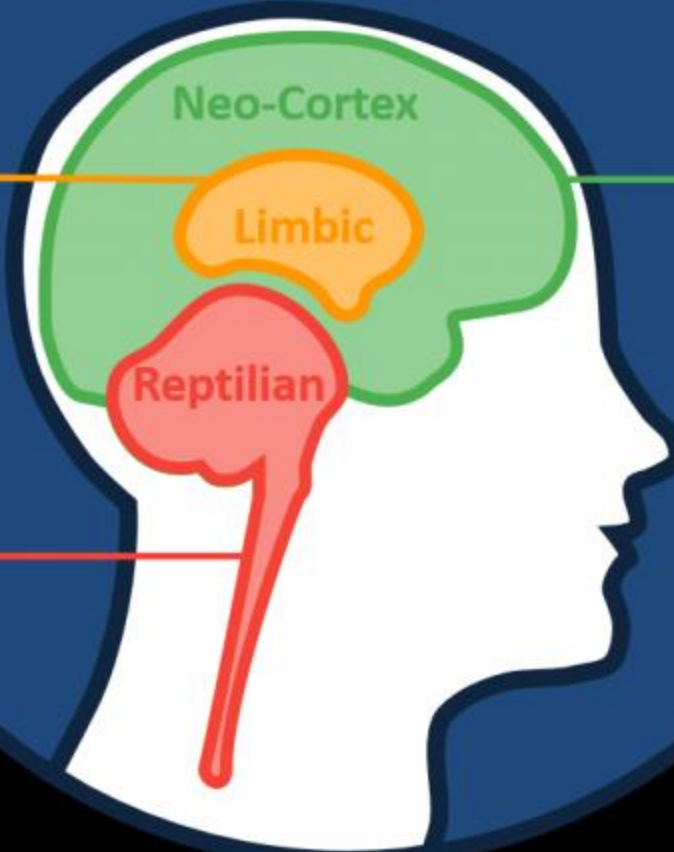
**What?**  
Ethos

Thinking Brain



**Crisis**

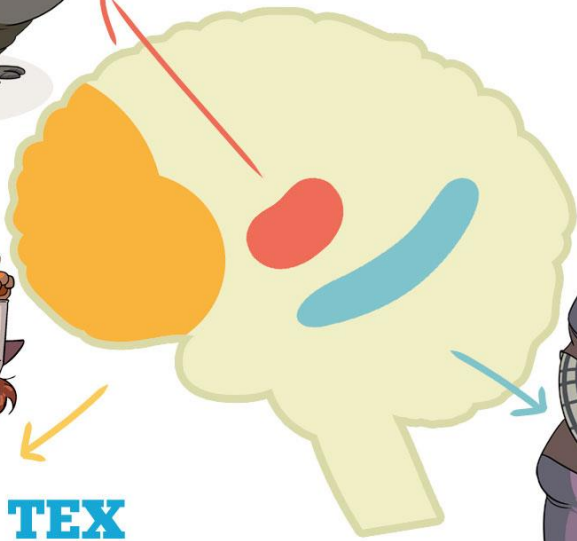
Survival Brain



**AMY**  
aka Amygdala  
The Jumpy Superhero



## The brain



**TEX**  
aka Pre-Frontal Cortex  
The Smart Sheriff



**HIPPO**  
aka Hippocampus  
The Librarian



**The Impact**

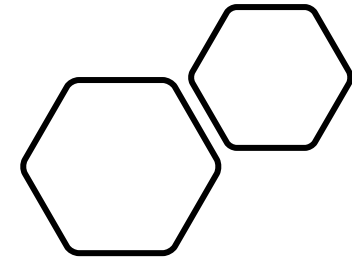


—

**Mindfulness  
impacts our  
ability to  
handle stress  
and anxiety  
better**

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**Mindfulness impacts  
physical health**



**KIDS**  
Have  
**Stress**  
too!®



# Manifestations of stress in children

- Anger  
or aggression
- Avoiding certain  
situations
- Refusing to go to  
school
- Getting in trouble  
at school
- Trouble  
concentrating
- Social withdrawal
- Irritability
- Restlessness
- Nightmares
- Muscle tension
- Nervous habits  
such as nail-  
biting
- Bedwetting
- Changes in  
appetite
- Fatigue
- Stomach aches
- Trouble sleeping  
(insomnia)
- Headaches

# Research confirms that in children, mindfulness can

mitigate the effects of bullying (Zhou, Liu, Niu, Sun, & Fan, 2016);

enhance focus in children with ADHD (Zhang et al., 2016);

reduce attention problems (Crescentini, Capurso, Furlan, & Fabbro, 2016);

improve mental health and wellbeing;

improve social skills when well taught and practiced with children and adolescents.

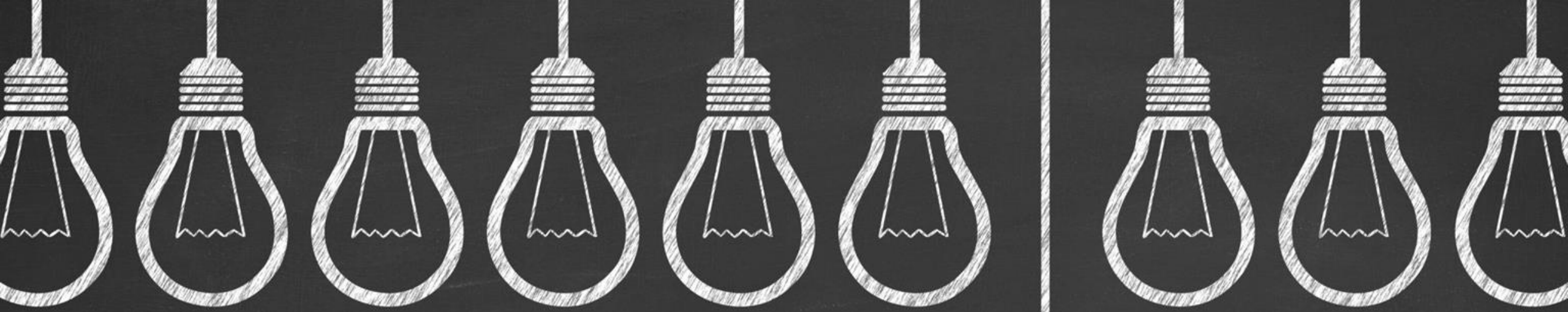
**Mindfulness  
impacts  
behavior**



# Mindfulness impacts happiness

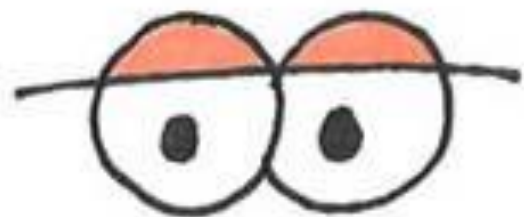


The human mind is a wandering mind, and a wandering mind is an unhappy mind.



**Strategies**

inhale



4  
seconds



hold



7  
seconds



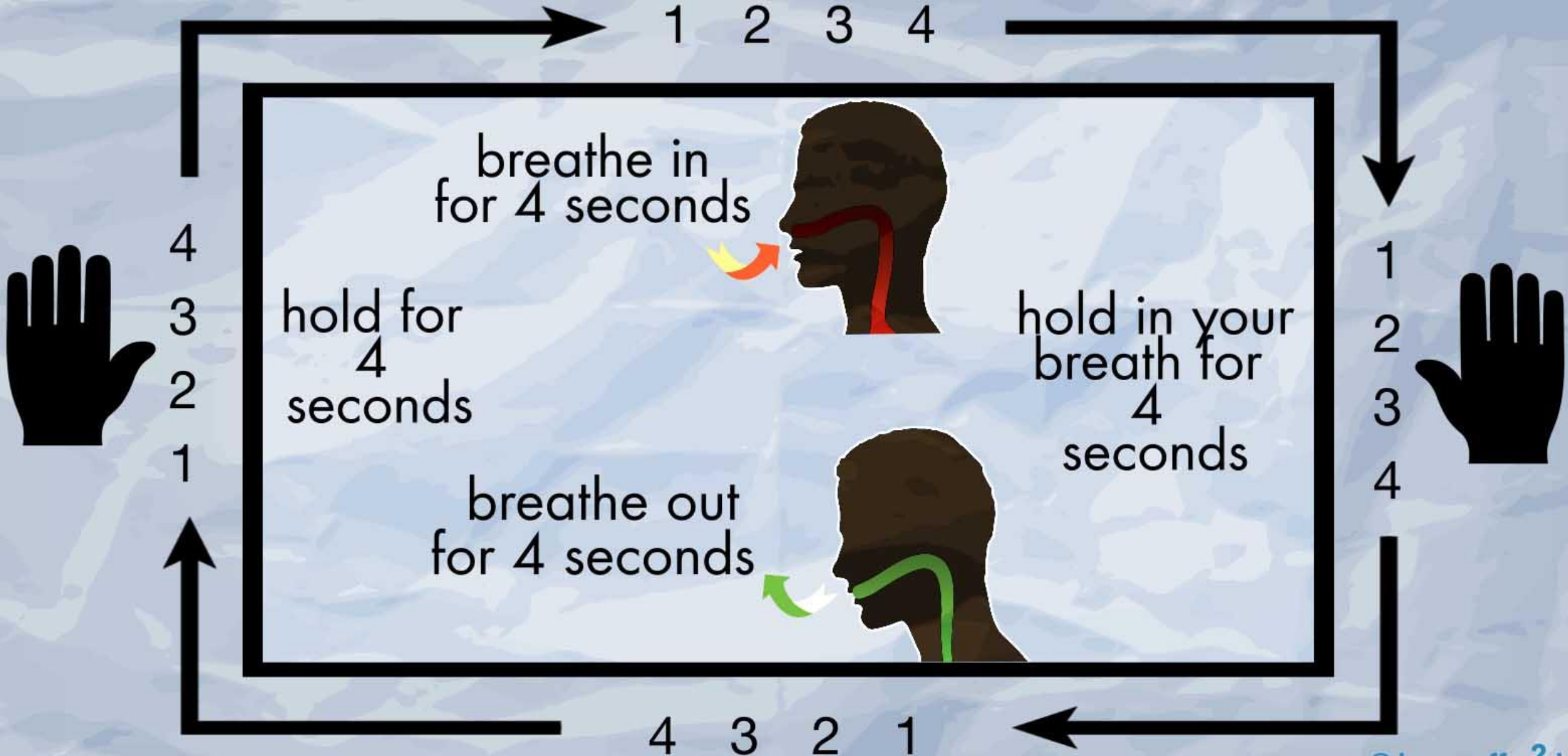
exhale



8  
seconds

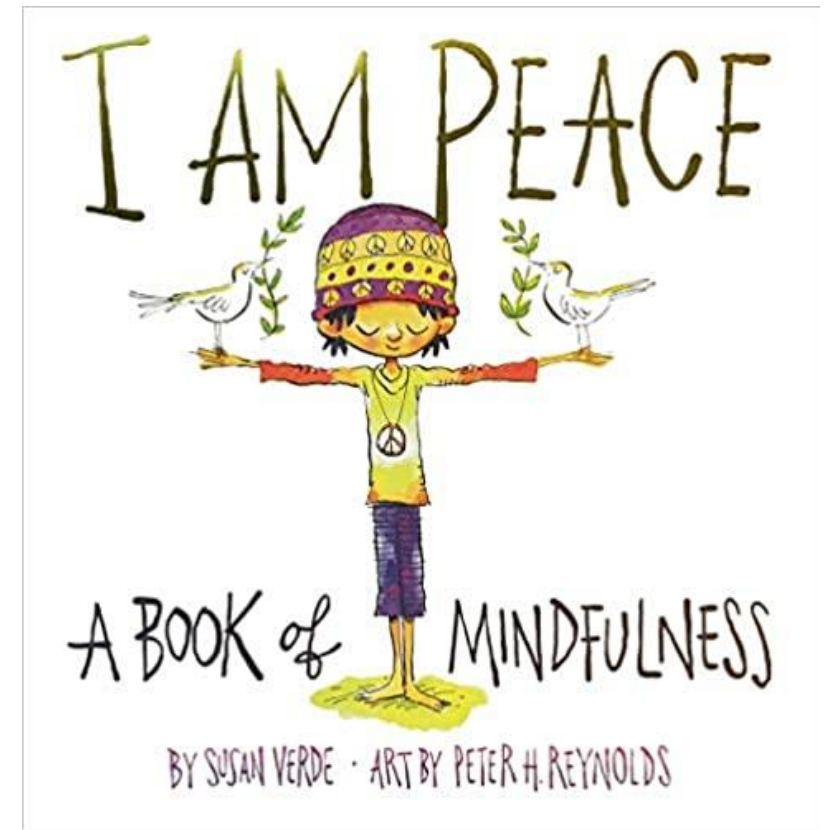
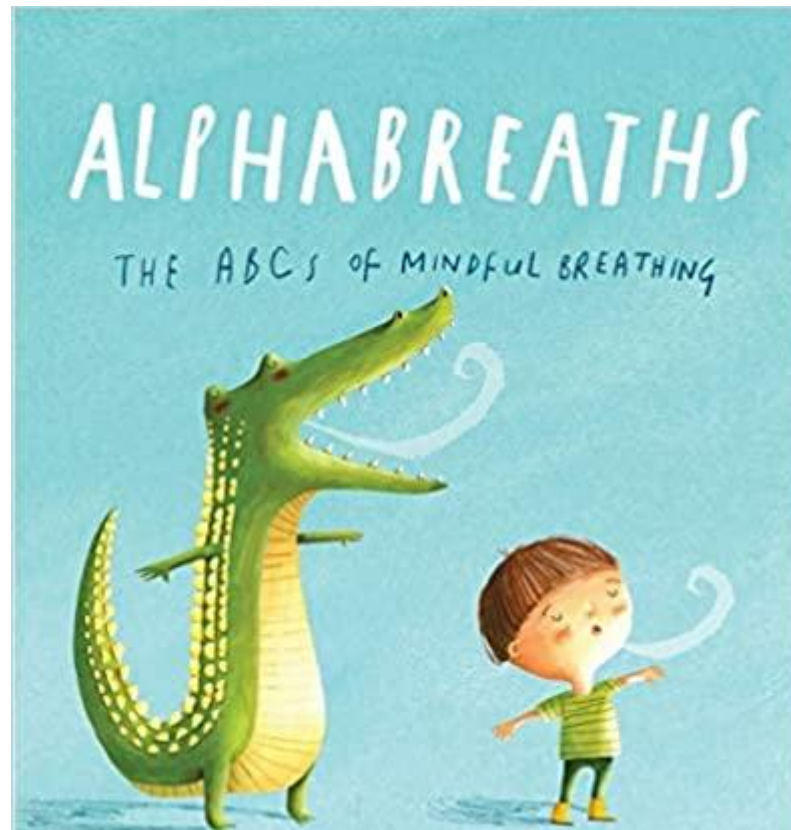
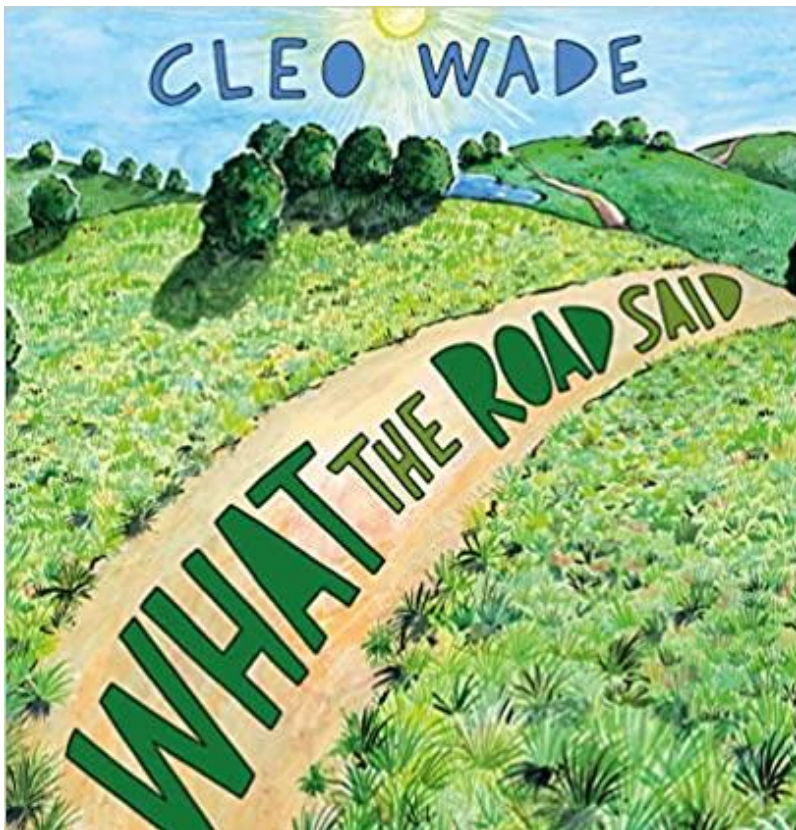


# Box Breathing









## Resources

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I AM GRATEFUL FOR

RELATIONS CONNECTIONS, HEALING, JOE, LOVE, PATIENCE, T  
ART MUSIC WISDOM, LIFE EXPERIENCE  
PASSION TALENTS, ABILITIES, FOCUS, DE  
CREATIVITY MY VISION, COMMUNICATION, LANGU  
MOTHER EARTH BIRTHING, SOIL, WATER, STRENGTH,  
CLEAN AIR MIND, RAIN, MEDITATION, YOGA  
FAMILY, FRIENDS HUGS, UNCONDITIONAL LOVE  
HEALTH, SUN BICYCLES, WALKS, HIKING, SWIMMING  
KIRA, SISTERS A ROOF OVER OUR HEAD, CLOTHING, B  
AWESOME PARENT VALDES, MORALS, ACCEPTANCE, GR  
WORK REST, PL KNOWLEDGE, HUMOR, TECH  
FOOD MED! SEEDS, FARMERS  
CLEAN W HAVING ENO  
TEACHER GREAT SPIR  
SCHOOL FISH, WHAT  
MEMOR ANCESTOR  
THIS MON POSITIVE THINKIN  
SUNRISE, SUNSET RIVERS, MOUNTAINS, LAKES,  
BUTTERFLIES, BIR FORESTS, FIELDS, STONES, DESERT  
HEALING PLANTS, VEGETABLES, FRUIT  
HONEY HERBS KINDNESS, CHARITY, GENEROSITY  
BEES FLOWERS TREES, WOOD, FIRE, MAGIC  
KINDRED SPIRITS SONGS, MY VOICE, MY DAUGHTER'S  
MY MIND, MY BO ENERGY, TRAVEL, JOY  
MY SOUL ENERGY, TRAVEL, JOY  
COMMUNITI CONNECTIONS, HEALING  
RELATIONS CONNECTIONS, HEALING

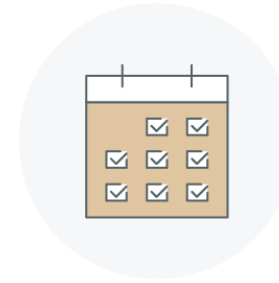
## 7 Tips To Help Children Practice Mindfulness Successfully:



Use it for positive situations only



Practice mindfulness yourself



Create a daily routine for the children



Prepare the environment

# How to.....



Involve the children in the decision-making process



Share your experience of mindfulness



Encourage the children to share their experiences



be.

here.

now.

thank  
you